

April 2016 Activity Schedule



Central DeKalb Senior Center



Monday

10:00-11:00	Line Dancing	Room 124	Lead Line Dancers
11:00-12:00	Intermediate Spanish	Room 212	Laura Nieto
12:15 – 1:15	Basic Computer Skills	Room 208	Anne Borden PhD.
	Class begins Monday, April 18th and will end on Monday, May 9th.		
12:30-1:30	*Gentle Yoga	Room 124	Ananda *\$5/class
1:30-2:30	Tai Chi for Arthritis	Room 212	Gayle Christian

Tuesday

10:00-12:00	Bridge	Room 219	CDSC Seniors
10:00 – 11:00	Nutrition with Dekalb County	Room 208	Jessica Hill * April 19 th
10:30-11:30	Zumba Gold	Room 124	Marie Earl
12:00-1:30	Hootenanny!	Lobby Area	April 12th & April 26th
1:00-1:50	Sit and Fit	Room 124	Zsa Zsa Robinson
2:30-3:30	Let's Dance, Dance, Dance!	Room 124	Pat Korn
1:00-3:00	Play Pool	Room 210	Guided play with Dale

Wednesday

10:00-11:00	Line Dancing	Room 124	Lead Line Dancers
10:00-11:00	*Let's Play Cards! Hearts, Spades	Room 219	CDSC
11:00 – 12:00	Beginners Spanish	Room 212	Laura Nieto
	Class begins Wednesday, April 20th and will end on Wednesday, May 25th.		
12:00-1:00	Ageless Grace	Room 124	Sandy Bramlett
1:00-3:00	Play Pool	Room 210	Guided play with Dale
1:00-3:00	*Let's Play Cards! Euchre, Hearts	Room 219	CDSC
1:00- 4:00	*Jewelry Creations	Room 120	Gillian *\$10 monthly fee

Thursday

10:00-12:00	Bridge	Room 219	CDSC Seniors
11:00-2:00	One on One Pool	Room 210	Dale
11:00-12:00	*Gentle Yoga	Room 124	Ananda *\$5/class
1:00-2:00	WorldDanz!	Room 124	Sandy Bramlett
1:30-2:45	CDSC Book Club, Good Lord Bird	Room 217	April 7 th
2:00-3:00	Tai Chi for Arthritis	Room 212	Gayle Christian
1:00- 4:00	*Clay! And Open Studio	Room 120	Gillian *\$10 monthly fee

Friday

10:00-11:00	Brain Games	Room 217	CDSC Seniors
12:30-1:30	*Gentle Floor Stretch Yoga	Room 124	Ananda *\$5/class
12:30-1:30	Needles, hooks, and yarn!	Room 120	Gillian Gussack
1:30-3:30	*Painting 101	Room 120	Gillian *\$10 monthly fee

“Let’s Do Lunch” – Tuesday and Thursday - Please Sign Up New Classes... starting mid-April

Basic Computer Skills Mondays 12:15 – 1:15 Room 208 Anne Borden, PhD. Starts April 18th

The Basic Computer Skills class will be a 4 week course beginning on Monday, April 18th. This is a class for beginners. The class will focus on: 1) documents (i.e., creating, editing and saving); 2) getting online (e.g., conducting internet searches); 3) email. Bring your laptop and your power cord. We have a very limited number of computers available. It is great (but not required) if your laptop has Microsoft Office installed on it. If you don't know what this means, we will help you with this on the first day.

Beginner Spanish Wednesdays 11:00 – 12:00 Room 212 Laura Nieto Starts April 20th

The Beginner Spanish class will be a 6 week course beginning on Wednesday, April 20th. This course will provide participants with the basic skills necessary for good Spanish pronunciation, the ability to greet people, and to describe themselves and others. Participants will be taught greetings/salutations, use numbers 1—100 and vocabulary to communicate in a simple conversation.

Upcoming Presentations and Events

Movie Presentation; Glen Campbell “I’ll Be Me” Wednesday, April 6th 12:00pm – 2:30pm Great Room

Kris Brant with Arbor Terrace along with other sponsors will be presenting the movie. They are *providing lunch, snacks and prizes*. The movie has been aired on PBS, and received glowing reviews. RSVP to Victoria.

April Book Club Meeting Thursday, April 7th 1:30pm – 2:45pm Room 217

The April Book Club selection is ***“Good Lord Bird” by James McBride***, will be led by Myguail Chappel, Library Take-Out Services DeKalb County Public Library Administrative Center, a community partner.

Fall Prevention- A DeKalb Medical “Lunch and Learn” Tuesday, April 19th 12:30pm – 1:30pm Great Room

DeKalb Medical will be giving a presentation on Fall Prevention.

Conflict Resolution Thursday, April 28th 12:00pm – 1:00pm Great Room Join us in a special presentation on Conflict Resolution, presented by Rebecca Zimmerman, Owner of Keystone Conflict Solutions.

***** PING PONG TABLES are OPEN for PLAY in the Great Room*****

Coming in May...

***iPhone/iPad Class, New French Class, Resistance Bands Class,
Beginning Bridge and More...***

DeKalb Reimbursement Vouchers for the Elderly (DRiVE)

Wednesdays 1:30pm – 3:30pm

Every Wednesday, Erica Wheeler of the Office of Senior Affairs will be at CDSC providing information on *DeKalb Reimbursement Vouchers for the Elderly (DRiVE)*.

Central DeKalb Senior Center – Monday – Friday, 9:00am – 4:00pm

For Active, Independent DeKalb County Residents age 62 plus

1346 McConnell Drive, Decatur, GA 30033 Phone: 770-492-5461

For more information on programs, contact Victoria Kingsland at 770-492-5462 or Valerie Campbell at 770-492-5465.